## A To-Do List for Schools

## How to Implement and Support the Healthy Kids Act

1.	Form a team to support implementation of the Healthy Kids Act.
	This team may include individuals who were involved with your wellness policy development.
	You may also consider inviting parents, students, nurses, school board members, school
	administrators, community members, school foodservice personnel, and teachers.
2.	Review the Healthy Kids Act rules with all team members.
3.	Identify individuals responsible for making decisions about the types of food products made
	available for sale to students during school.
	This should be done for:
	A la carte
	Vending
	Regulated Fundraising

- 4. Assess the current nutrition and physical activity environment of your school.
  - Do a la carte, vending, and regulated fundraising meet Healthy Kids Act rules?
  - Are physical activity opportunities occurring in the school building adequate?
- 5. Sample/taste test new foods with students and prepare specifications for new foods.
- 6. Consider applying Healthy Kids Act rules to non-regulated venues (venues not included in Healthy Kids Act).
  - Foods sold outside school (concessions, bake sales, school stores, etc.)
  - Foods provided to students during school (classroom parties, snacks, etc.)
- 7. Participate in future Healthy Kids Act and school wellness trainings
- 8. Identify needed changes in your Local Wellness Policy to meet Healthy Kids Act rules for:
  - A la carte\*
  - Vending\*
  - Regulated fundraising\*
  - Physical activity opportunities\*
- \* Note: If your Local Wellness Policy is more restrictive than the Healthy Kids Act, changes may not be needed. A revised Sample Wellness Policy will be available in late spring from the Iowa Association of School Boards.
- 9. Develop a plan for communicating the Healthy Kids Act rules to:
  - Staff
  - Students
  - Parents
- 10. Work with your school board to revisit your Local Wellness Policy on a regular basis.

Review and revise other components of the wellness policy as needed.

- Nutrition education
- Other school-based wellness activities
- Plan for measuring implementation



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